

Name: _____

Period: _____

MyPyramid Term Project Cover Page

Directions: After completing all of the assignments, place them in order behind this cover page and staple together.

- /10 1) MyPyramid.gov Assignment-All questions answered? (Green Sheet)
- /10 2) MyPyramid Steps to a Healthier You Page: Read the bottom of the page and answer the questions:
Q-How many calories are recommended for you? _____
Q-What can you monitor to see if this calorie recommendation is correct for you?

Q-What is your allowance for oils each day? _____
- /10 3) MyPyramid Worksheet(Meal Tracker) & Questions Answered.
Q-Is a day of your diet filled out? _____
Q-Are all the questions at the bottom answered? _____
- /10 4) Dietary Guidelines Recommendations (Smiley/Sad Faces) & the following questions answered:
How many happy faces did you have? _____
How many sad faces did you have? _____
How many straight faces? _____
How can you improve your diet? _____
- /10 5) Your Pyramid Stats (Colored HORIZONTAL Bars) & and the following questions Answered:
Q-Which food groups did you eat well in? _____
Q-Which food groups do you need to eat better in? _____

- /10 6) Nutrient Intakes (2 pages with lots of numbers) & the following questions answered:
Q-Which nutrients did you do well in? _____

Q-Which nutrients do you need to do better in? _____

OVER

/10 7) Q-What did you learn from this assignment? _____

Q-How can this assignment help you be more healthy? _____

/70 Total Points/Total Points Possible